

MY CHILD'S ECZEMA PLAN

**REMEMBER: DO SOMETHING FOR YOUR
CHILD'S ECZEMA EVERYDAY!!**

1 Bathing – keeps skin clean and moist

- ☐ Wash in bathtub every day for 5-10 minutes using lukewarm water and mild soap (Dove sensitive skin, Cetaphil, or _____).
- ☐ Add 1 small capful of bleach to full bathtub 2 times per week.
- ☐
- ★ *Pat dry after bath and IMMEDIATELY apply creams, ointments, and moisturizers.*

2 Healing creams and ointments – heal eczema

- ☐ Apply _____ cream ointment to eczema on BODY 2 times per day.
- ☐ Apply _____ cream ointment to eczema on FACE 2 times per day.
- ☐ Apply Elidel/Protopic ointment to eczema on FACE and BODY 2 times per day.
- ☐
- ☐
- ☐

3 Moisturizers – keep skin moist

- ☐ Apply large amounts of _____ MANY times daily to all areas of eczema and dry skin.
- ★ *Apply IMMEDIATELY after a bath to lock in moisture!*
- ★ *Your child's skin should look and feel moist and greasy at ALL times!*

4 Itch medications – stop itching, improve sleep

- ☐ Give hydroxyzine (also known as Atarax) by mouth _____ times per day.
- ☐ Give doxepin by mouth every night.
- ☐
- ☐
- ★ *Keep your child's nails very short, and try putting them to bed with mittens or socks on their hands. Apply ice pack to very itchy areas to decrease itchiness.*

5 Antibiotics – kill germs, fight skin infections

- ☐ Give clindamycin or trimethoprim-sulfamethoxazole (also known as Bactrim) by mouth _____ times per day for the next _____ days. Finish the entire bottle.
- ☐ Apply mupirocin (also known as Bactroban) or retapamulin (also known as Altabax) ointment to areas of broken, crusted, or bleeding skin 2 times per day.
- ☐
- ★ *Some signs of worsening skin infection are increased redness, tenderness, swelling, drainage, crusting, fever, and lumps/boils in the skin. Call your doctor if these signs develop.*

6 Special instructions

- ☐ Wrap skin with wet cotton gauze wrap covered by dry ace wraps or long cotton tube socks (with bottom cut off).
- ☐ Avoid scented powder laundry detergents, fabric softeners, and dryer sheets. Use a mild liquid detergent and add an extra rinse cycle. Wash new clothes before wearing. Loose cotton clothing is preferred.
- ☐ Avoid the following things that might worsen your child's eczema: